toward the waist, the points bordered with rows of close-set ornaments, and below the waist the basque of highly ornamented velvet, shot at the sides, went down at front into two long points. These short-skirted basques, by the way, have lost little of their popularity. Probably at least a third of the street gowns and one-sixth of the evening frocks are made with them, and they influence to their own jaunty shape a respectable portion of the

jaunty shape a respectable portion of the

street jackets.
Curious indeed is a spring opening of para

curious indeed is a spring opening of para-sols held during a subwistorm, but stranger sights are seen nowadays. The flounced parasol is in high fayor. It may be draped with chiffon, caught back at the alternate ribs to reveal the silk beneath. It may be covered and double flounced with silk and bear a bunch of violets at the end of seeh

bear a bunch of violets at the end of each rib. Sometimes a square of dotted muslin is overlaid upon it, and sometimes each rib.

s outlined with a roll of lace flouncing.

Many of these parasols of the season seem too fussy and elaborate, but we shall all get

used to them; never fear.

Meanwhile the cloak is still comfortable, and it is still made of velvet and fur, if one

can get them.

And the tailor-made girl with the mascu-

line shirt front, displayed with greater atandon than is ever the shirt front mascu-

line, is preparing to burst again upon our vision.

ELLEN OSBORN.

Welsh Rarebit Recipe.

Should you ask me, friend and actor, "Whence the flavor of the rabbit, Whonce its odor and its smoothness, Whence its subtle fascination?"

I should answer, I should tell you:—
"From the method of its mixture,
From the decides."

From the choice of its ingredients, And the time of introduction,

"Give me or your cheese. O grocer! Good fresh dairy cheese domestic—Cheese quite fresh, not old and moldy." Cut it then in dainty fragments—Fragments cut in sizes equal; Light the spirit lamp and place it 'Neath the blazer, brightly gleaming; Then a lump of butter placing. In the blazer, watch it creaming, Creaming in the heated blazer:

Then with definess add the substance—Creamy substance, cut in fragments.

Pour of ale—the ale called Bass'; Gently add in scarty sponfuls, Lest you chill the substance melting— Always stirring, stirring always.

When the cheese to heat surrenders, Drop into this dish so tempting Two teaspoonfuls, measured finely, Only two of good, dry mastard. This you add to keep dyspepsia, Grim dyspepsia, from partakers—All this while keep up the stirring, Allways stirring, stirring always. Add a touch of red paprika, Made from pepper tips Hungarian; This the foe of indigestion.

Now you stir with vim and ardor, For the rabbit near the ardor,

Quickly bid the guests assail it. Ere a breath of air can chill it: Ale or beer attends the feasting. And delay is most disastrous; Plates and toast and beer and glasses

For the rabbit nears completion,
And the appetites are whetted
By the subtle, faint aroma.
Plates, hot plates, must be beside you,
Crowned with buttered toast, and waiting
For the baptism of the rabbit,
Hot and smooth, and, oh, so fragrant!

This the way to make a rabbit:

Cloths and Cuts That the Men Will Most Favor.

FASHIONS FOR THE FASTIDIOUS

Fancy Figures and Patterns Will Be in Vogue.

TROUSERS ARE NARROW



OW THAT LENT has come," said a matter-of-fact society woman yesterday, "we lay away our gowns and jewels and meditate upon what we are going to wear on Easter Sunday."

She was doubtless disrespectful in attributing such worlder may determine. liness to all her sisters, but, perhaps, her

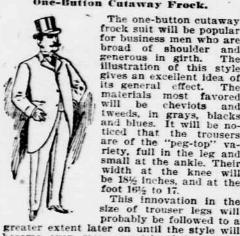
environment had a great deal to do with ber declaration. She lives and moves in the domain of dress and breathes the atmosphere of fashion, and while she will preserve the outward respect for the solemn season of fasting and prayer, and will sedulously regard its forms to the extent of going regularly to service-at the fashienable church, of course-and carry her prayerbook and hymnal with devotion and the certainty that every one will see them, she will yet give the moments between time to the earnest consideration of the spring styles. The postman will bring to her door little packages of samples of new goods, the fashion journals will arrive and be eagerly pored over, and along about micareme she will begin consultations with her modiste, and with the Easter time she will burst forth resplendent as the Easter

What the Men Will Do.

It is not the intention of the writer, however, to indulge in a dissertation upon what she will decide upon during this period of piety. It would lead to such an amount of bewilderment that no one could find a way out of the mazes. It is more satisfactory and remunerative to indulge in speculation about what the men will be doing at the same time, because the sterner sex is nearly as much addicted to style and fashion as its fair opposite. The men may not lose as much sleep and temper over the subject as the women, but they are none the less anxious to be properly attired. So The Evening Star will help them solve the spring problem by giving a few hints about "what's going to be what."

Ready-Made Clothes in the Styles. The tailors are now filling their shops with material for these creations, and a glance at the stocks shows that there will be mee light colors worn this spring than for many previous seasons, while in plaids and stripes fabrics are shown that are in some instances almost equal to fog horns. The same styles and the same materials which the well-to-do will secure from their tailors will be also procurable by the less affluent from the merchants who deal in first-class ready-made clothes. For an investigator of such things the wonder ever grows at the remarkable manner in which the best grades of ready-made clothing keep abreast of the prevailing styles which fashabreast of the prevaining styles which take ion decrees for its votaries. The manufacturers of these garments have their linings and facings give a Lenten appearance to what one might call a secular gown. summate judgment and great foresight. They are the first to see the signs of the coming styles, and prepare themselves ac-cordingly, and so it is possible for any man with the necessary money who sees a suit upon some more fortunate brother who is supposed to help to set the styles to visit some first-class ready-made clothing house and get a suit identical with the other to

apparent intents and purposes. One-Button Cutaway Frock.



for business men who are broad of shoulder and generous in girth. The illustration of this style gives an excellent idea of its general effect. The materials most favored cheviots and tweeds, in grays, blacks and blues. It will be noticed that the trousers are of the "peg-top" va-riety, full in the leg and small at the ankle. Their width at the knee be 18% inches, and at the foot 161/2 to 17. This innovation in the

size of trouser legs will probably be followed to a greater extent later on until the style will ome even more constricted in dimen sions. To the man with delicate feet it welcome, but those who posse pedal extremities of the thick and broad variety will doubtless grumble at it quite extensively.

Four-Button Sack.

By younger men, of good height, the four-button sack suit will be considerably worn. The coat edges will be single stitched and the pockets will have flaps that may be worn in or out. The trousers for this style of coat will be the same "peg tops." Striped cheviot will be the most approved material in such a suit and there will be a tendency to loudness in the patterns. While there will be much wearing of browns

and grays, the latter of the old and reliable pepper and salt mixtures, for business use, fancy for business use, fancy sultings will be greatly favored. Bright cheviots will be seen in abundance, and the English and Scotch fabrics will be noticeably fanciful. Consequently men of conservative tastes are liable to have the latter savoraly juited when they hold their usual severely jolted when they hold their usual Lented consultations with their tailors.

Three-Button Business Cuinway.



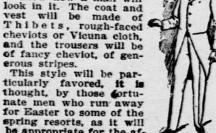
A particularly stylish thing for the coming spring will be the threein plaids and stripes. The edges will be doublestitched, and wide pocket flaps will be placed at the sides. This is a modification of the style so popular last fall. Two or three suits in this style already ordered here at a leading house are in shades of pretty gray with an almost inde finable brown plaid figure noticeable on close inspec-

tion. They are being made for three friends who will spend the spring months in sections far apart and will run no risk of losing their identity by wearing clothes so nearly alike.

Three-Button Cutaway Frock.

For half-dress, or afternoon wear, the three-button cutaway frock will be generally worn. The front view is given to show how a man will look in it. The coat and vest will be made of Thibets, rough-faced and the trousers will be of fancy cheviot, of generous stripes.

This style will be particularly favored, it is thought, by those fortu-



STYLES FOR SPRING more popular at such places each season, as well as for general wear after luncheon. Double-Breasted Sack

A favorite combination in the early spring will be found in the double-breasted sack coat with vest of the same material and fancy trousers. Black and blue cheviots will be the proper cloth for the first-named articles, and a glance at the accom-panying cut will show the nobby effect of this style. There will be somewhat of an abbreviation in the length of coattails, and shoulders will be built

more squarely.

These garments will be just the thing for men

who run more to breadth and thickness than they do to height, and for those who'like walking in the brisk air of the budding time of the year will be both comfortable and nice-looking.

Covert Coat. In overcoats the prevail-ing styles will be the covert and the Chesterfield, or fly-front overcoat. The former will have a length former will have a length of 33 or 34 inches, and will be half box in style. The edges of the fly-front will be double stitched, with the seams lapped and stitched to match, and there will be a seam down the center of the back or not, as the wearer may determine.

For driving parties the covert coat will be the only proper thing in the line of top garments, and it will be a breach of fashion's dictum for a nan to wear a tailed coat whose points will show below the back extremity of the cov-



The eminently well-dress-ed man will wear the Chesterfield. Forty inches will be the length for a inches, and fancy cheviot will be the material. The edges are to be single-stitched, and the silk will extend to the edges. A glance at the cut will how at once what an effective garment the Chesterfield is, and the wide range that will be given in the selection of material for it will make it familiar to those who watch the

front doors of the clubs to ascertain what is proper form in the shape of men's clothes. The pocket flaps of the Chesterfield will be worn outside and the ess the pockets are used the better it will be for the artistic appearance of the gar

NOTES OF FASHION.

Some Pointers About Various Details

Interesting to Women. The most attractive, and at the same time the most distinctly Lenten costume seen recently, was one of heavy dove gray faille. There was a half length wrap of the same material lined with violet velvet. The hat was small, and consisted chiefly of sof' gray lace with a border of violets resting on the hair. A unique feature of the costume and one which showed great individuality of taste, was a pair of gray gloves with

gauntlets embroidered in violets. Violets, by the way, are much more conspicuous and aggressive than the poets would have them. Their modest little heads are jammed together in bunches as big as sunflowers and they are considered correct upon the Lenten worshiper at any service The fancy for violets will not limit itself to this time of sackcloth and ashes, how-ever. Many of the Easter hats are made almost entirely of violets. Violet straws and gauze of the same tint as the flowers will be hard to distinguish from the real

blossoms in the early spring hats.
Violets will be a proper color in the spring and summer goods, also pale green; and in deed the tints in the products of art will fol-low in nature's wake very close. Violet Chinchilla fur, being gray, is another variety of "sackcloth," and, considering that one cannot buy a good-sized fluted col-

lar for it for less than \$125, one need not fee so very deleful about wearing it.

Bustles will undoubtedly be worn by many, but most people will take advantage of the new fashion that is coming in to put a little fullness into the top of the skirt. The summer materials require this, and the indications are that the fullness will star very near the front and be pretty evenly dis-tributed around the sides and back.

Among the new things for the neck ar satin chemisettes with satin stocks and those small bows in front. The chemis have a row of tiny pearl or gold buttons down the middle.

Buttons for trimming will be as popula as ever-large enamel and paste ones for fancy dresses, small gold or silver ones for ordinary wear. A pretty bicycle suit of green and gray mixed goods was trimmed

with small silver buttons from cap to leggings.

The bonnets on exhibition have long ties

of wide Dresden ribbon or tulle. FELINE EMOTIONS.

Contrary to General Belief, Cats Are Capable of Facial Expression. From Temple Bar.

If the sentiment of the moment was love of her master or mistress (the only persons to whom she ever attached herself), it was the deep, unutterable gaze which we know in the dog. If it was love of her kittens, there was a tenderness and pride which made maternal fondness in the human face seem tame and foolish. If it was jealousy-and, like most animals, she was lealous-the term "green-eyed" monster had its full significance, for her irises, which were amber color, changed their hue entirely; her pinkish nose and ears blanched, her face grew peaked, nearly triangular in fact, she looked detestable. But if it was anger or hatred-and Princess was a good hater-her head flattened like a snake's, her jaw took the lines of a tiger's in miniature, and she had the face of a

There were other emotions which she exd not less vividly-eagerness in pursuit of prey, for she was a great mouser, and soon cleared the house of mice, and kept the garden free of moles; here there was nothing savage, only a look of intense keenness, alertness and pleasure; wistful-ness, as when she wandered round the out-side of the house in winter, looking for an open door or window; despair, when he kittens were taken from her, or when she saw the preparations for a journey in my room; contentment, when she lay on th able in the evening between her master and mistress, her paws tucked under her, her eyes half closed, her small pink mouth half open, showing her little white teeth in a genuine smile. It was not the mere cozy, comfortable aspect of an ordinary cat; it was a look of beatitude. We never called anyone's attention to the smile, not wishing to be set down as idiots, but friends occasionally discovered it for them-selves and exclaimed upon it. I have notic-ed that many cats smile; they do not grin like a dog, or as horses sometimes do, but they smirk for half an hour together. Some cats have a strong sense of fun, and are practical jokers like monkeys. Princess and Czarina had this quality notably, and their faces expressed it, but without a motion of the risible muscles. The cat's

New Place to Carry a Watch.

smile means satisfaction.

From the New York Herald. A pretty woman wore her watch-well where do you suppose? In her neck. Who but a pretty woman would think of putting it in such a place? As the youngsters say, she was "a stunner!" One of her fellow passengers in the stage dared to reveal in her countenance that she thought a white satin neckband was a queer place for a watch. The owner of the tiny gold time-piece, which was not larger than a mediumpiece, which was not larger than a mediumsized button, was of the brilliant brunette
type, and I've seen a mettlesome black
pony's eyes flash as hers did when she lifted her hand and jerked out of her soft satin
stock her watch. She tucked it back a
quarter of an inch beyond the turn of her
exquisite chin, and the blue enameled fob
chain, with its tiny ball, dangled unobtrusively just below the throat band of the
white satin vest that completed her extremely modish attire.

GOLD AND BLACK

glint of white, firm fiesh, hanging sleeves of black satin, figured and dotted with jet and silver ornaments in snaky lines similar to those which wound their sinuous way and down the bodice. And here were long narrow V-points of velwet reaching down toward the waist, the points bordered with rows of close-set ornaments, and below the and Summer Hats.

NARROW RIBBONS USED IN BIG BOWS

Description of the Styles Noted in a Parasol Opening.

ITY THE SORROWS Dof a poor "picture

this town today, most unhappy. He is producing a play or story to be read by himself and illustrated by pictures thrown upon alantern screen. Those pictures he gets by photographing real people in real costumes against real

There is one such in

play" man!

backgrounds. It is a tremendous task, and only one man in the country has yet found the energy or developed the many-sided genius necessary to accomplish it. Him I have thrown into an agony of apprehension by my article of last week, hinting at the possibility of the new sleeve. You can't re-



dress a photographed woman like a live

If a mere man with a camera can be agitated by the menace of the new sleeve, consider what must be the soul waves of uncertainty surging through the bosoms of the half million professional and twenty million amateur milliners of the land! What a waste of emotion! For so often the apprehension is unfounded, or the appearance of the new mode premature or tentative. For my part, if I were a man with a camera or a woman with a needle. I'd still make the sleeves big; and sleep sound o' nights. The new sleeve may be coming; it certainly looks that way. But it doesn't take long to wear out a dress, and the present mode will die

cause the record making and pace setting hats come all ready made from Paris, and they are now nearly all made or planned, both for spring and summer. Toque, shad and picture hat-much as it has been, the hat will be. A beautiful imported hat called the butterfly, to translate its French name, is a toque of let and spangles, trimmed in front on the brim with six roses, white, pink and yellow. At the back is a large black silk bow, divided by a high quilling of cream colored lace. Before the bows on either side are arranged rays of odd end-tufted feathers. A buckle of emeralds and rhinestones gleams and flashes in front, and there

are two more roses on either side.

A fancy straw hat bears about the brim a decoration of quilled drapery of apple-green silk and emerald green tulle. There's a spray—somehow the word doesn't seem quite appropriate—of tiny red apples, with their clustering leaves, tied with a bow of black velvet, and there's a big bunch of violets at the back. These horticultural and pomological exhibitions sometimes cause one to "dilate with the wrong emotion." And much do I prefer to them, Parisian though they be, and hence to be reverenced a simple wide shade hat with a bow of lace and a net veil. And, worn above a pretty

The prevailing tendencies in hats, the Zeit Geist thereof, are, from the Parisian standpoint, easily stated. The use of the aigrette is strongly in favor, and it will continue to be as much of a favorite as the past. Black will be much used—and this is true of the making of gowns as well-but there will be alleviating circumstances, and chief among these, gold. Gold embroidery, or black gauze veined with streaks of gold, plumage powdered with gold dust, and the sheer bar-barism of gold buckles and crescents will prove that silver cannot have things all its



own way. Much of the new ribbon trim-ming for hats and gowns alike will be woven with threads or strands of gold, and the same device will be introduced into the plaiting of straws. The frilled and quilled arrangements of gauze or net, the "poufs" and cigrattes will be emirated. the spring and summer season. Even quite heavy stuffs will be so treated, gossamer, lisse, muslin, crepe, chiffon, tulle or net for striped with satin or silk, or with lines in gold pattern interwoven. Small patterned oriental and Dresden designs are commonly used and there is a tendency to tilt hats down over the eyes of the fair wearers.

It is not a new discovery that a pretty girl looks pretty in black, or anything else. If she be a pretty young widow, with a face a trifle saddened or sobered by a glimpse at the stern realities, black has a new meaning, of course. One of the prettiest mourn-ing dresses I have seen is a perfectly plain black skirt of lusterless silk, a bodice cov-ered with dotted black net and big sleeves covered also with net. Big sleeves look somehow incongruous with the idea of bit-ter grief, but such is life! And I did no more

bottles and manicure set.

A Delft stove is not always considered a ecessity in this artistic room. The favorite pictures for such a room are, naturally, old Delft pictures of the time of Wouvermans and Tenier, but mod-ern Delft pictures, copies of the old mas-

Ordinary Delft plaques are much cheaper, and are used in a variety of ways-for wall decorations, as medalions in cabinets, as card receivers and even for bonbon dishes. On the mantel there are large Delft bowls for roses, slender, graceful vases for long-stemmed flowers, and quaint Delft clocks fashioned like windmills. The wall paper in a Delft room is the most

difficult thing to manage.

A cold gray, shading into olive, is an excellent tone for paper in a Delft room, as is a very faint mustard yellow, like the yellow in an old prayer rug. Fine India

fine India lawn, caught up with Delft blue holstered with the same chintz, and there are heaps of cushiors—some in duli blue linen embroidered in white, and some in white embroidered in blue, in perfect reproduction of the Dutch water scenes that are so familiar on genuine Delft ware. There are geraniums, too, at the sides of

old Holland ware.

painted with a shadowy blue windmill, so faint in color and dutline as to seem like a reflection from fairyland. All the tollet accessories are, of course, in Deift, from the pin tray and puff box to the tall, slim

ters, are very beautiful and quite expensive enough to be attractive.

Must be ready at your elbow—
Must be ready at your elbow—
Quickly served and quickly caten,
And the grace be spoken after.
This the secret of the rabbit."
—DESHLER WELCH.

A LENTEN GROUP.



CORRECT BREATHING.

How It is Said to Help the Stout Woman to Become Thinner. From the Philadelphia Record.

It has been discovered that the double chin can be banished by correct breathing. until conscious of the tension of the cords. She should also practice dropping her head and letting it roll listlessly about. This the exercise of muscles will help consume the extra amount of fat. Lung exercises in breathing are the best exercises for excessive stoutness. . The best time for this is before dressing in the morning and after undressing at night. Five or ten minutes' exercise every day will reduce the flesh in a wonderfully short time. Stand erect, with the head and chin well up, and rise upon the toes at each inspiration, holding the same time

His Calculation. From Puck.

A Frank Admission.

fine herself to Delft china. She has lovely Delft effects in every bit of decoration in her room. The rugs on her floor are either white lambs' skins lined with Delft blue felt or Japanese blue and white jute that exactly reproduce the colors of the

Her curtains-and her windows are low and filled with diamond-shaped panes-are ribbon, the draperies and valance on the bed are of the quaintest, white chintz, with borders representing windmills and old, old Dutch houses. Her window seat is upthe window in Delft jars, and a blue and white taburette near the window seat !s piled with magazines and a work basket holding Delft embroideries

Delightful Effects Produced in Blue and

All the Furnishings to Match-Wing-

mills on Sofa Pillows-Quaint

The pretty debutante of '96 does not con-

Old Dutch Ware.

White China.

The dressing table in this dainty, coollooking room is a symphony in blue and white. The table is white enameled wood, and on either side of the clear, oval mirror are candelabra in Delft and brass. Even on the tiny white paper shades for the candles are painted miniature reproductions of Holland water scenes, and the shade on the tall Hawthorne lamp at the

head of the bed is also adorned with a series of Dutch landscapes.

White linen embroidered in Delft blue silk covers the dressing table. The pincushion is covered with bolting cloth,

matting is probably the most popular as well as the most artistic covering, however, that can be suggested. The better qualities, woven so finely as to almost suggest drapery, are preferred for this use, and are in perfect harmony with the unpreten-



The woman with a short neck must hold her head high, even stretching her neck will give a graceful poise to the head, and the breath a moment, then expelling it forcibly, coming down upon the heels at

Another good breathing exercise is to draw in a full, deep breath. Retain the breath while counting fifteen and then slowly expel it. Sometimes stout women move arms gracefully, but the body has an utter lack of liberty and free motion or plaiting of straws. The frilled and quilled arrangements of gauze or net, the "poufs" and algrettes, will be eminently suitable to the spring and summer season. Even quite too tightly; the second is to banish all idea of being stout from your mind, and let the muscles have as free play as possilisse, muslin, crepe, chiffon, tulle or net for instance. Wide lace bow ties, fastened at one side, are likely to be popular, but it is less easy to prophesy upon this dubious ground. Ribbons so narrow are used for bows so big that they are sometimes wired, like bargain sale roses. A better device is to provide a bow of muslin or net with a sewn-on edge of narrow ribbon to keep it from becoming discouraged. Hat ribbons are woven with two faces, by way of contrast, and gauze ribbons are now made, striped with satin or silk, or with lines in clated with stoutness. That is the look that must be avoided, even if the waist measures an inch or so more and the bust and shoulders gain a little.

Inspector-"You don't carry enough lifepreservers." Steamboat Man-"Oh, I guess there are enough for the people who would think of

From Life. Mrs. Jones-"No. I couldn't give you any

WHITE AND BLACK CRAVATS.

In Former Times They Were Badges of the Wenrer's Profession. From the Boston Transcript.

Years ago the white tie in this country was the characteristic wear of the reverend clergy, their monopoly. Thence it passed into general use and disputed popularity with the black. The black neckcloth was early in this century likewise a professional badge. Those who followed the profession of arms claimed the right to wear it as their monopoly, and sometimes enforced that right. Cooper, in "Wing-and-Wing," makes a very dramatic use of this custom. A French privateer captain in dis-guise has fallen into the hands of the English, and is brought before a court-martial. So skillfully does he stick to his assumed character of a fisherman that his judges are puzzled until one of his ac-cusers suddenly places around the pris-cner's throat the black neckcloth which all officers wore. Then his true character blazes forth and he is condemned, but escapes execution to die sword in hand

Cooper knew what he was writing about, for ne, too, had been an officer. Military and naval men wore black cra-vats when in plain clothes, and civilians aped them until black became the only vear. Before the rise of the black cravat carelessly tied white lace, the Steenkirk had been in vogue for neckwear. Its popularity likewise was a civilian tribute to military valor. At the battle of Steenkirk the French Royal Guards, the Household troops, being suddenly called from their tents to meet the oncoming English, had no time to tie their rich lace cravats with their accustomed neatness, and loosely knotted them about their throats. They were the dandies of Europe, the perfect pinks of military propriety, and were cor-respondingly brave. They did up the English in about one round, and thenceforward the Steenkirk cravat was the fashion, and the more carelessly it was knotted the more Steenkirky it was.

As white is now the color of peace, may not the psychologist be justified in hailing snowy cravats as evidences of man's recog nition that peace hath her victories not less fashionable than those of war and as worthy of being commemorated at the

Safe. From the Cleveland Post.

"Bah! It's the veriest nonsense," snapped

"What is?" inquired C. A. Nuck. "Oh, this palayer of Miles about the unfortified and defenseless condition of our

than note the incongruity, for the young widow's companion was a pretty girl in a very curious and showy gown, also black, with a plain skirt, a velvet belt, square low corsage, narrow shoulder straps, and below them, after an appreciable and appreciated them, after an appreciable and appreciated the gold cure."

Mrs. Jones—"No. I couldn't give you anything. It is too plain that you are a drinking man."

"Isn't it true?"

"True? Why, the street brigades could strap why, the street brigades could streng why, the street brigades why, the st

Here is what a sensible woman says about serving food in large quantity: "One of the chief causes of waste of food is the system, at both public and private tables, of giving excessively large portions, so that much food is left untasted. Probably in private families a third or fourth of the whole amount spent for foods is thus thrown away. Furthermore, we err in providing too great a variety of food for a single meal. When a long list of courses is offered no one can fully enjoy all. Left us have less food. can fully enjoy all. Let us have less food at once, but let it be the best of its kind and

ooked in the most scientific manner.' It is said that lukewarm water and fine soap will remove fats from fast-colored cot-tons and linens, while tar and wagon grease will yield to lard rubbed on, then soaped and allowed to lie for an hour or so. Afterward wash alternately in water and spirits of tur-

Here is a nice Lenten dish: Put in the chafing dish one tablespoonful of butter, one teaspoonful of salt, one-half saltspoonful of pepper and a little celery salt. Add one pin of oysters and cook two minutes, until the edges begin to curl. Have ready hot slices of toast, buttered, upon which serve the oysters, adding a little hot water, if neces-

Another is made of lobster. Cut up as for salad. Put it in one-half pint of milk and let it boll up once. Add a tablespoonful of butter, pepper and a small pinch of salt, and let it simmer gently. Serve on crackers. "Catch-up work" is the destruction of

many a woman. So many careful Marthas but must always be doing something. Crochet work, knitting, a bit of embroidery, or a hem to turn, in their busy hands is always some plece of work, if perchance they get a moment to sit down. You whose nerves are worn to a wire edge just try sitting down for ten minutes three or four times a day and folding your hands in perfect idleness while you shut your eyes to rest them. It will prove almost as good as a rest cure. When burdens press hard, think of som

one who is worse off than you are, and then count up your blessings. The other day a mother was bemoaning the fact that her half-grown daughter was getting round shouldered and must be out into corsets. How she supposed that stays that would squeeze her waist in would affect her child's shoulders is not explained.

What the girl really needed was a good wholesome, hearty outdoor life that will give her an appetite for food and health; sleep. Then as she gains strength she will sit straight and her shoulders will flatten while her chest will round out, all unconscious to herself. Just now the salt in the cellars gets damy and refuses to shake out, to the exaspera tior of those who want to use it. Mix a little cornstarch, say a teaspoonful to half

a cup of salt, with the salt and put in the salt cellars and the stuff will shake out all right. Burning coffee that has been ground fine is said to be a thorough disinfectant. Heat a shovel to white heat and sprinkle the coffee upon it and carry through the house, letting the aroma fill all the rooms.

Apple cream is pretty good eating. Boil the apples whole after pealing and coring till they are soft, then press through a sieve and add a generous quantity of white sugar and the juice of one lemon. Beat the whites of two or three eggs to a stiff froth, add to the apples, beat all until white and stiff and serve in glass dishes. Use vaseline on the baby's shoes instead

of blacking, which will come off on the small skirts. Rub the vaseline on at night. It will be well dried in by morning and will often the leather. How shall soap bark be used? is often queried. Pour a quart of boiling water over 5 cents' worth of soap bark, and steep

gently for two hours, keeping the heat low that the water may not be much reduced. Strain the liquid through a cheese cloth and place in an earthen ware bowl. The material to be treated should be ripped apart and all the threads removed and lint brushed off. Lay the pieces on a smooth brard or table and sponge thoroughly on both sides, giving particular attention to soiled spots. After each piece has been sponged lay across the end of the table and when all have been cleaned rinse in clear cold water, wring and hang in the

shade, and iron on wrong side. CRUDE DENTISTRY.

The Process Was Painful, but the Result Was Attained.

From the San Francisco Post. "While traveling in southern Georgia a few months ago," said Attorney W. W. Mc-Nair, "I saw a beautiful piece of dental surgery. A teamster developed a toothache while on the road. He thought it would soon be better, but it kept getting worse and worse, till he could hardly handle the reins. He put a chew of tobacco on it, but it only jumped the harder. Then he stop ped his team, built a little fire, heated a needle red hot, and had another teamster jam it down into the cavity to kill the nerve. Still it jumped and thamped till the poor fellow was pretty near insane.
"'Boys, she's got to come out,' he shouted

to his companions, as he pulled up his "They all stopped, wound their lines around their brakes and climbed down "'How can we get her out?" asked one of

them. "'I don't know, groaned the victim, but she's got to come.'

He opened the jockey box on his seat and rummaged around in it, finally producing a small hatchet and a big nail. "I guess you'll have to drive her out with this,' said he, and he sat down on the ground and hung on to a buckeye bush with both hands, while one of his compan-ions placed the end of the nail against the of the tooth and hit with the hatche The first lick made the teamster jump and yell, but he settled down for another one. The second stroke loosened it up, and after a lot of groaning the teamster wiped the perspiration off his face, climbed on to the

cuckeye and said:
"'Hit her again, boys.' "The third lick sent the offending molar

AMERICAN WOMEN.

Described by Mr. Hall Caine-Comparisons With English Women.

From the Providence Journal. Mr. Hall Caine says of his stay in the United States: "Many of my impressions of America, by the way, toppled down like a child's house of cards when I found myself actually in the country and among the people. A delightful nation to study is America-fresh and frank and full of originality. Of course, we all know and have always known, for the last century, at least, that Americans are clever; but we can't realize until we go among them and see them in their homes how kindly, how young of heart, they are as individuals." Of American women in general he deems "it is only natural they should have be come what they are-superior, intellectually, or, at any rate, superficially so, to the men. That is, of ccurse, as a class. There are always so many exceptions to every rule. But the thing has come about as consequence of man's putting woman-American man, American woman—on a pedestal, and worshiping her. He has stayed below the pedestal and worked for her, not having time, if he was the ordinary man of business, to cultivate his mind and manner while he so worked. But she has had playing time and she has been made the had plenty of time, and she has made the best use of it. In our country I consider that the reverse is the truth. The average Englishman is superior to the average Englishman is superior to the average Englishwoman in intelligence and education. That is because he is likely to think of himself, and of his sons, before he thinks of his wife and daughters. And English women have conscientiously upheld him is his attitude toward them, until compara tively lately, at any rate. In America, or the contrary, I fancy that women have known their own value, and set it rathe high, for a number of years-a couple of generations, at least." In personal appear ance Mr. Caine finds our women "prettie more attractive, more bewitching, than English women, but not so regularly beautiful. The straight, almost Greek nose, and the ineffably lovely and haughty upper lip of the most perfect type of English girl I have not seen equaled in America I must say."

The Chestnut Detective

From Puck. Miss Meanitall-"I suppose you jot down all the bright things you hear said?" Squibleigh-"Most decidedly."

Miss Meanitall-"And then write ther afterward?"
Squibleigh—"Oh, no! avoid writing them.
They've all been written before."

A DAINTY DELFT BOUDOIR HOUSEHOLD HINTS THE MOST SKEPTICAL .

Must Banish All Their Doubts and

Fears

When Confronted With Such Testimony to Merit as That Herein Given

It is simply astonishing how many unsolicited indorsements of Dr. Charcot's Kola Nervine Tab-lets are daily received. Surely no remedy ever took such a hold upon the people and never such earnest faith in a specific shown. As an example, here are a few from Boston alone, and all received within two days: Chas. A. Hallowell of the West End Drug Store,

No. 165 Cambridge st., writes: "I find Dr. Charcot's Kola Nervine Tablets the best selling tonic on the market. Those who have used them are more than satisfied with their efficiency. My per-sonal experience and the testimony of those helped and cured warrant me in stating that they are most effective in restoring vigor and removing all Joseph A. Craig is the proprietor of the large barber shop at 29 Howard st., and says: "My

wife has used Dr. Charcot's Kola Nervine Tableta ness, debilitation and loss of fiesh. The results are highly satisfactory. The Tablets are unequaled as a tonic. I also wish to state that my foreman who has been running down for three years and has tried many remedies without beneficial results has been fully cured by the use the Kola Nervice Tablets." Wm. H. Knight is a well-known apothecary located at 97 Court st., and thus testifies: constantly increasing sale of Dr. Charcot's Kola Nervine Tablets and the favorable results reported

from their use warrant me in stating that you have put upon the market a remedy that sells upon its merits. Kola, in this form, is most de Edward Clacey is chief man in charge of Austin & Stone's famous museum, and writes: "Your Dr. Charcot's Kola Nervine Tablets have proved a great boon to me. I have been a sufferer from insommia for some time. The use of the Tablets has resulted in almost instant relief. It is a

pleasure to give you these facts." No opintes, narcotics or poisonous ingredients of any kind used in this wonderful remedy. It stimulates the functions and restores health and leaves no trace of anything but good behind. Fifty cents and \$1.00 per box (one month's treatment). See Dr. Charcot's name on box. Kola booklet free. All druggists or sent direct. Eureka Chemical and Mfg. Co., La Cresse, Wis., and Bos

SHE USED HIM AS A SHIELD.

She Was Fat and Therefore Sought Safety in the Only Way.

From the Chicago Daily Tribune. An aged negress weighing nearly two hundred pounds, a small white man, and a Texas steer created considerable fun and a little excitement yesterday afternoon at the stock yards.

The negress, with a red nubia over her head, was ambling slowly toward the bank building, when suddenly some person raised a cry that a wild steer was loose. A moment later a big-horned fellow, with

a crowd of horsemen after him, plunged west on the thoroughfare toward Halsted All who could made a plunge for the high fence, but the negress could not climb

and the steer seemed to have her in his

To climb the fence was for her a physiical impossibility, while the chances of being thrown over it were good. Just then a little man ran down the sidewalk. As he reached the colored woman

mind as he was cavorting toward her.

she seized him by the shoulder and turned his face toward the steer. The big animal halted and looked at the pair. As the steer turned, so did the man turn the little man, who kicked to get free. Just what made the steer take was ter no person knows, but after looking for

a moment he walked away and was soot after driven into a pen.
Once sure she was free from danger the colored woman released her hold on the climbed on the walk in front of the bank she said to the crowd; "Tell you what, boss, I was determined that man would die first."

The Passing of the Big Sleeve









